

About Joe

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ARE YOU FIT COMPANY FOR THE PERSON YOU WISH TO BECOME????

Joe is a certified SPORTS CONDITIONING coach and a certified PERSONAL TRAINER. Coming from a sports background, Joe is able to encompass modern athletic training regimens for athletes striving to enhance their performance and also for the everyday person who wants to simply get in better shape. The majority of Joe's self-designed programs consist of functional training. Functional training mimics the movements of everyday life. This type of training is fun and off the wall; a program can be designed for a beginner or for an elite athlete, with both achieving their respective goals.

If you want to tone up, loose weight, improve balance and increase power and mass, or all the above? Then TRAIN WITH JOE!

Please click [here](#) to contact Xceller8ed Training for your free consultation.